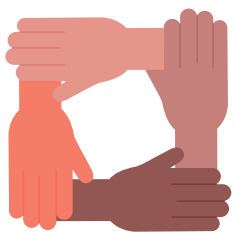


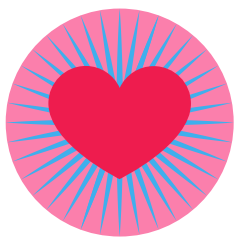
SELF CARE TIPS

While navigating your grief



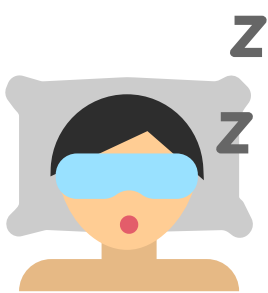
1 STAY CONNECTED

Isolation can be lonely. Stay in touch with friends and family - even if it's via video call or text messages.



2 BE REALISTIC

Be kind to yourself. Grief is painful but self-compassion has incredible healing power. Treat yourself as you would your best friend.



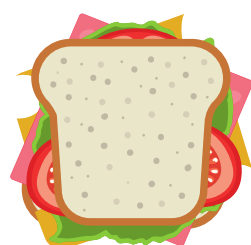
3 REST AND RECHARGE

Make sure you are getting enough sleep. Grief often brings with it sleeplessness and moments of anxiety so rest and relax when your body and mind tell you to.



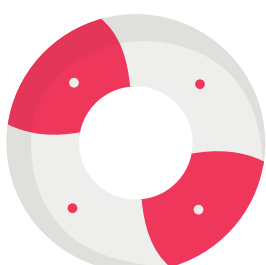
4 KEEP MOVING

Staying active is good for both mind and body. Your exercise doesn't need to be strenuous either. Try a range of activities until you find what's right for you.



5 NOURISH YOUR BODY

Drink plenty of water and limit alcohol, sugary and fatty foods. This alone will help lift your mood and improve your sleeping patterns.



6 ASK FOR HELP

No one expects you to grieve alone, so if you're not coping, reach out to your GP or therapist, join a support group or call GriefLine 1300 845 745